

eat a colorful variety every day

You probably already know that a healthy diet includes a variety of fruits and vegetables. Most are lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

Compared to people who eat only small amounts of fruits

and vegetables, those who eat more generous amounts — as part of a healthy diet — are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

You can find the amounts of fruits and vegetables you need using the charts in this brochure. There are also facts on why eating the recommended amounts is important to your health. Easy tips for including fruits and vegetables in your day are also provided.



know the amounts you need each day

- 1 Go to your chart. Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life:

Less Active: You average less than 30 minutes a day.

Moderately Active: You average 30 to 60 minutes a day.

Active: You average more than 60 minutes a day.

- 2 Choose your age range. Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

less active
moderately active
active

Women		
AGE	FRUITS	VEGETABLES
19-30	2 cups	2 ½ cups
31-50	1 ½ cups	2 ½ cups
51+	1 ½ cups	2 cups
19-50	2 cups	2 ½ cups
51+	1 ½ cups	2 ½ cups
19-50	2 cups	3 cups
51+	2 cups	2 ½ cups



less active
moderately active
active

Men		
AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2 ½ cups
19-30	2 cups	3 ½ cups
31+	2 cups	3 cups
19-30	2 ½ cups	4 cups
31-50	2 ½ cups	3 ½ cups
51+	2 cups	3 cups



less active

moderately active

active

Girls		
AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1 ½ cups
9-13	1 ½ cups	2 cups
14-18	1 ½ cups	2 ½ cups
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 cups
14-18	2 cups	2 ½ cups
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 ½ cups
14-18	2 cups	3 cups



less active

moderately active

active

Boys		
AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 ½ cups
14-18	2 cups	3 cups
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 ½ cups
14-18	2 cups	3 cups
2-3	1 cup	1 cup
4-8	1 ½ cups	2 cups
9-13	2 cups	2 ½ cups
14-18	2 ½ cups	3 ½ cups



make it count

Include fruits and vegetables throughout your day in little ways — for snacks, toppings, side dishes, or in your main meal. Whether they're frozen, fresh, canned, or dried, all fruits and vegetables (including beans) count toward your daily amount.

Learn what 1 cup and 1/2 a cup look like:

EXAMPLES OF 1 CUP



1 large ear of corn



1 large orange



1 large sweet potato

EXAMPLES OF 1/2 CUP



5 broccoli florets

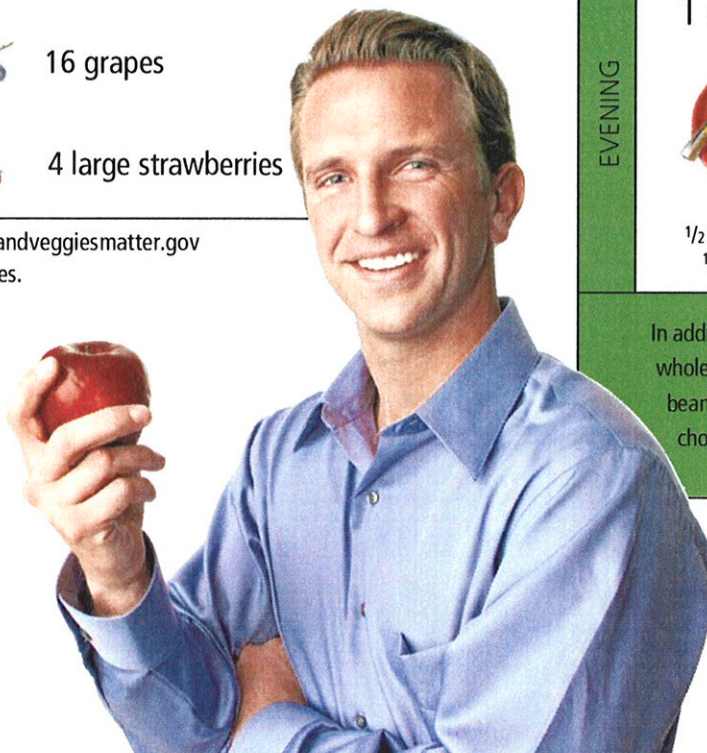


16 grapes



4 large strawberries

Visit www.fruitsandveggiesmatter.gov for more examples.



Simple ways to enjoy fruits and vegetables throughout your day:

MORNING

1 cup



1 small apple

1/2 cup



1 small banana

MID-DAY

1 cup



1 cup of lettuce* and
1/2 cup of other vegetables

1/2 cup



6 baby carrots

EVENING

1 cup



1/2 large sweet potato and
1/2 cup of green beans

1/2 cup



1/2 cup of
fresh mixed fruit

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars.

* 1 cup of lettuce counts as 1/2 cup of vegetables.